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Ultimate model shown ♦

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	Hyundai Elantra GL	Honda Civic LX	Toyota Corolla LE
Heated Leather Steering Wheel			
Blind Spot Detection			
Rear Cross-Traffic Alert			
5 Year Warranty			



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The New 2017 Tucson

2.0 Premium AWD



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\$79
Weekly

At
0%

For
36
Months
With \$1,500 down
or trade-in equivalent*

	Hyundai Tucson Premium AWD	Honda CR-V LX AWD	Toyota RAV4 LE AWD
Heated Steering Wheel	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heated Front & Rear Seats	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Blind Spot Detection	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 Year Warranty	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Ultimate model shown ♦

The New 2017 Santa Fe Sport

2.4L FWD



Finance for only
\$79
Weekly

At
0.9%

For
84
Months†
With \$2,000 down
or trade-in equivalent

	Hyundai Santa Fe Sport 2.4L FWD	Chevy Equinox FWD	Toyota RAV4 LE FWD
Heated Front Seats	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
17" Alloy Wheels	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Hill Descent Control	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 Year Warranty	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Ultimate model shown ♦

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metroLIFE

Your essential daily news | WEEKEND, JANUARY 13-15, 2017

High 10°C/Low -11°C Partly cloudy

Sarah Dobson will be heading to Ottawa to take part in Daughters of the Vote event.
JEFF HARPER/METRO



YES SHE CAN

Young N.S. women on finding a place in politics **metroNEWS**

Prices sky high

HOUSING

Condo costs soaring in hot Halifax market



Zane Woodford
Metro | Halifax

With all the cranes in the sky, you might think condo prices in the municipality would be dropping, but a new survey says prices are going up as fast as the buildings.

The annual Royal LePage house price survey released Thursday said their aggregate price of a home in Halifax Regional Municipality overall is up 4.3 per cent year-over-year to \$320,656, and the price of a condominium jumped 11 per cent to \$350,701.

"It's not gonna get any worse. It's only gonna get better," said Sandra Pike with

Royal LePage in Halifax. "We're all so looking forward to 2017."

A news release from Royal LePage gave some of the credit for rising prices to Halifax regional council, and Pike said that's "absolutely" a factor.

"We're looking at building different infrastructure, there's new construction, the Ramia gentlemen are building downtown; there's certainly a lot of factors that lead to people moving to Halifax, which is great," she said.

Dartmouth Centre Coun. Sam Austin isn't sure council has much influence over housing prices.

"I think, in terms of a planning perspective ... we have made efforts to make it easier to focus growth in the regional centre," he said. "But I mean, where housing prices go, to me, is more a function of the market rather than necessarily anything that happens at city hall."

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\$7,623 OFF
JEEP
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2016 GRAND CARAVANS - 30% OFF! SAVE \$10,000

STOCK#	LOCATION	TRIM	WAS	SALE	DRIVE AWAY PMT
S77641	BEDFORD HWY	CVP	\$32,590	SOLD	\$149 B/W**
S68573	BEDFORD HWY	SE PLUS	\$34,710	\$24,710*	\$163 B/W**
S68571	BEDFORD HWY	SE PLUS	\$34,485	\$24,485*	\$161 B/W**
H77635	BAYER'S LAKE	SE PLUS	\$34,680	\$24,680*	\$162 B/W**
H14944	BAYER'S LAKE	SE PLUS	\$34,485	\$24,485*	\$161 B/W**

2016 FIAT 500'S - 20% OFF! SAVE \$4,978 - \$6,650

STOCK#	LOCATION	TRIM	WAS	SALE	DRIVE AWAY PMT
S74318	BEDFORD HWY	500X POP FWD	\$24,890	\$19,912*	\$132 B/W**
S96696	BEDFORD HWY	500X TREKKING FWD	\$33,250	\$26,600*	\$175 B/W**

2016 DODGE JOURNEY - 20% OFF! SAVE \$6,600 - \$7,597

STOCK#	LOCATION	TRIM	WAS	SALE	DRIVE AWAY PMT
S18242	BEDFORD HWY	SXT/LIMITED FWD	\$34,060	\$27,248*	\$179 B/W**
S58118	BEDFORD HWY	CROSSROAD FWD	\$37,985	\$30,388*	\$199 B/W**
H18235	BAYER'S LAKE	SXT	\$33,460	\$26,768*	\$176 B/W**
H36619	BAYER'S LAKE	BLACKTOP	\$33,290	\$26,632*	\$175 B/W**
H33970	BAYER'S LAKE	BLACKTOP	\$32,990	\$26,392*	\$173 B/W**

2016 DODGE CHALLENGER - 15% OFF! SAVE \$6,083 - \$12,279

STOCK#	LOCATION	TRIM	WAS	SALE	DRIVE AWAY PMT
H75209	BAYER'S LAKE	SXT BLACKTOP	\$40,555	\$34,472*	\$225 B/W**
H53029	BAYER'S LAKE	CHALLENGER HELLCAT - 6.2L SUPERCHARGED HELLCAT	\$81,860	\$69,581*	\$448 B/W**
S58712	BEDFORD HWY	CHALLENGER HELLCAT - 6.2L SUPERCHARGED HELLCAT	\$80,860	\$68,731*	\$442 B/W**

2016 DODGE CHARGER - 15% OFF! SAVE \$12,720

STOCK#	LOCATION	TRIM	WAS	SALE	DRIVE AWAY PMT
H39823	BAYER'S LAKE	CHARGER SRT - 6.2L SUPERCHARGED HELLCAT	\$84,800	\$72,080*	\$464 B/W**

2016 RAM 1500 & 2500 - 25% OFF! SAVE \$14,325 - \$21,387

STOCK#	LOCATION	TRIM	WAS	SALE	DRIVE AWAY PMT
S12926	BEDFORD HWY	OUTDOORSMAN ECODIESEL	\$60,965	\$45,723*	\$296 B/W**
S14550	BEDFORD HWY	SLT CREW PLUS DECORE ECODIESEL	\$60,375	SOLD	\$293 B/W**
S79630	BAYER'S LAKE	2500 OUTDOORSMAN CREW CAB	\$63,695	\$47,771*	\$317 B/W**
H37016	BAYER'S LAKE	2500 CREW LARAMIE 6.7L DIESEL	\$85,545	SOLD	\$414 B/W**

2016 JEEP WRANGLER - 15% OFF! SAVE \$6,470 - \$7,623

STOCK#	LOCATION	TRIM	WAS	SALE	DRIVE AWAY PMT
H44202	BAYER'S LAKE	RUBICON 2DR	\$47,205	\$40,124*	\$259 B/W**
H80681	BAYER'S LAKE	RUBICON 2DR	\$50,820	\$43,197*	\$279 B/W**
H80680	BAYER'S LAKE	RUBICON 2DR	\$50,820	\$43,197*	\$279 B/W**
S57008	BEDFORD HWY	SAHARA 2DR	\$43,135	\$36,665*	\$239 B/W**
S66288	BEDFORD HWY	RUBICON 2DR	\$49,350	SOLD	\$272 B/W**
S66287	BEDFORD HWY	RUBICON 2DR	\$49,350	\$41,948*	\$272 B/W**

2016 JEEP CHEROKEE - 20% OFF! SAVE \$6,000 - \$8,000

STOCK#	LOCATION	TRIM	WAS	SALE	DRIVE AWAY PMT
H57730	BAYER'S LAKE	SPORT	\$28,535	\$22,828*	\$151 B/W**
H57729	BAYER'S LAKE	SPORT	\$28,535	\$22,828*	\$151 B/W**
H28197	BAYER'S LAKE	SPORT	\$28,565	\$22,858*	\$151 B/W**
H90998	BAYER'S LAKE	SPORT	\$29,015	\$23,212*	\$150 B/W**
H50273	BAYER'S LAKE	SPORT ALTITUDE	\$31,105	\$24,884*	\$164 B/W**
H50222	BAYER'S LAKE	SPORT ALTITUDE	\$31,300	\$25,040*	\$165 B/W**
H28199	BAYER'S LAKE	SPORT	\$29,935	\$23,948*	\$158 B/W**
H28182	BAYER'S LAKE	SPORT	\$29,685	\$23,748*	\$157 B/W**
S28201	BEDFORD HWY	SPORT	\$30,160	\$24,128*	\$157 B/W**
S28202	BEDFORD HWY	SPORT	\$29,935	\$23,948*	\$158 B/W**
S114575	BEDFORD HWY	SPORT	\$29,935	\$23,948*	\$158 B/W**
S50272	BEDFORD HWY	SPORT	\$31,105	\$24,884*	\$164 B/W**
S50253	BEDFORD HWY	SPORT	\$31,300	\$25,040*	\$165 B/W**
S73877	BEDFORD HWY	SPORT ALTITUDE	\$34,175	SOLD	\$179 B/W**
S68438	BEDFORD HWY	NORTH	\$39,100	SOLD	\$205 B/W**
S14572	BEDFORD HWY	LIMITED	\$35,840	\$28,672*	\$188 B/W**
H14573	BAYER'S LAKE	LIMITED	\$35,965	\$28,772*	\$188 B/W**

2016 JEEP GRAND CHEROKEE - 15% OFF! SAVE \$11,000

STOCK#	LOCATION	TRIM	WAS	SALE	DRIVE AWAY PMT
H91826	BAYER'S LAKE	OVERLAND 3.0 ECODIESEL	\$73,720	\$62,720*	\$404 B/W**
S35056	BEDFORD HWY	SUMMIT 3.0 ECODIESEL	\$75,730	\$64,730*	\$417 B/W**
S65622	BEDFORD HWY	OVERLAND 3.0 ECODIESEL	\$72,455	\$61,455*	\$396 B/W**

2016 JEEP RENEGADE - 15% OFF! SAVE \$3,500 - \$5,500

STOCK#	LOCATION	TRIM	WAS	SALE	DRIVE AWAY PMT
S70897	BEDFORD HWY	SPORT	\$23,390	\$19,882*	\$132 B/W**
S89722	BEDFORD HWY	NORTH	\$33,580	\$28,543*	\$187 B/W**
S86799	BEDFORD HWY	NORTH	\$36,705	\$31,199*	\$204 B/W**
HE24834	BAYER'S LAKE	SPORT	\$32,505	\$27,630*	\$181 B/W**
H24869	BAYER'S LAKE	SPORT	\$32,505	SOLD	\$181 B/W**
H24848	BAYER'S LAKE	NORTH	\$33,630	\$28,586*	\$187 B/W**
H24461	BAYER'S LAKE	NORTH	\$33,630	\$28,586*	\$187 B/W**

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Almost 50 new Canadians take the oath of citizenship at the Halifax Central Library in November 2016. A report states that 11,600 immigrants arrived in Atlantic Canada in the first nine months of 2016, fuelled by the influx of Syrian refugees to the region. JEFF HARPER/METRO

They're here, let's keep them

IMMIGRATION REPORT

Retention of new Canadians just above 50% over five years

More people are immigrating to Atlantic Canada than ever before, but many do not stay, a new report says.

The Atlantic Provinces Economic Council report released Thursday said a record 8,300 immigrants arrived in 2015, and even more the following year.

The Halifax-based council said 11,600 immigrants came to Atlantic Canada in the first nine months of 2016, due in part to

an influx of Syrian refugees.

"The total numbers have tripled since 2002," David Chaundy, author of the report, said in a phone interview Thursday.

Chaundy, the council's research director, attributes the increase to expanded use of provincial nominee programs, which allow provinces to nominate people who wish to immigrate to their region, up to a cap.

"That's what has really driven the growth," said Chaundy, adding that this year the region could see closer to 19,000 immigrants, due in part to a new three-year Atlantic immigration pilot project announced by Ottawa and the four provinces last year.

But Chaundy said retention

rates for Atlantic Canada are low, and lengthy processing times are a barrier for greater use of immigration in the business community.

"The challenge is on the retention of these immigrants,"

"We are continuing to look at ... ways we can continue to attract them and keep them here. I think part of it is once they get the job they want to stay." Premier Stephen McNeil

said Chaundy. "Although our immigration numbers are rising, we're still losing close to half of them over a five-year period."

Although express entry applications are being processed

within six months, provincial nominee applications are taking 16 months to be processed by the federal government, he said.

"These can be a challenge for employers looking to bring in a worker fairly quickly," said

for urban centres.

The report is based on information from Statistics Canada and Immigration, Refugees and Citizenship Canada.

Nova Scotia Premier Stephen McNeil said his government has made growing the population a key priority since being elected.

He said with an aging population, it's important to create economic opportunities for immigrants and for young people in order to expand the tax base and sustain vital services such as health care.

"I think it's one of the single biggest issues as a region that we have to do is around repatriating our own sons and daughters ... and bringing in new citizens. We have a real demographic chal-

lenge and we need to change that," said McNeil after a cabinet meeting Thursday.

McNeil said Nova Scotia has hit its provincial nominee cap in the past two years.

"The nominee program is an easier system to navigate than some of the federal programs. For us, the nominee program has allowed us to build some base and we can build off that base," he said.

The total number of immigrants stemming from provincial nominee programs was 4,640 in 2015. Most went to New Brunswick, at 1,765, and Nova Scotia, at 1,395. P.E.I. received 950, while Newfoundland and Labrador received 530.

THE CANADIAN PRESS

EDUCATION

Merging high schools in Cole Harbour gets people talking



Haley Ryan
Metro | Halifax

The clapping of more than 300 people echoed around the packed room at the idea of joining Cole Harbour High and Auburn Drive High together to not "limit" students, and give them more options.

Parents, community members, politicians, school board members and more came

together Thursday night at Cole Harbour Place for the first of three public meetings in the review process into the Cole Harbour/Auburn family, which includes 17 schools.

Laquisha Wolfe said while the two high schools have always had a rivalry, joining into one campus that would see kids walk between the existing buildings "would help break down some of those barriers."

Since Auburn High School has been traditionally more

academic focused and Cole Harbour more trades focused when it comes to programming, Wolfe said it makes sense to have both available to students while bringing more diversity to the student population.

"We're kind of forcing kids to try to pick their career path in junior high school to determine what school they're going to go in," Wolfe said to the crowd.

"It would keep us from having to limit our children to

+ MEETING

The SOC will bring back a few options for feedback on Feb. 1 at Cole Harbour Place at 6:30 p.m.

what the possibilities are," she added afterwards.

The vast majority (15 of 17) of the schools are under capacity while one is above, facilitators and the School Op-

tions Committee (SOC) told the group. The future Eastern Passage high school will compound the issue by drawing away feeder schools from Cole Harbour High, with projected capacity there being only around 35 per cent in 2018.

While brainstorming ideas, some suggested introducing French immersion into schools that get condensed since French schools are quite full, and high-needs schools that have students with challenges should

stay under capacity because students need small classes.

Many schools are also close to one another and have overlapping boundaries, while the catchment areas follow historically diverse communities, facilitator Robert Wright told the crowd.

"What is our hope for that diversity, and what are we going to need to support a healthy and diverse and vibrant school community in the future?" he said.

5 THINGS TO DO IN HALIFAX THIS WEEKEND

Dances, concerts, an art show and an alternate dimension are all on offer this weekend. **YVETTE D'ENTREMONT** METRO

Skid Row 1

Youth Gone Wild, I Remember You and 18 And Life. These were just a few of the hits for the band that enjoyed popularity from 1986 to 1996. The band, without former frontman Sebastian Bach, rocks on and is performing at Casino Nova Scotia's Schooner Showroom on Saturday night at 8 p.m. Tickets are \$55 and available via ticketatlantic.com



ALL PHOTOS CONTRIBUTED



Beats 'n' Boats 5

The Maritime Museum of the Atlantic's Small Craft Room will become another dimension and come alive Saturday night through the use of multiple projectors and custom animations. Circus arts, local music producers and beat makers, dancing and refreshments come together for this unique production. The show runs from 8-11 p.m. Tickets are \$31.18 and can be bought online at eventbrite.ca.

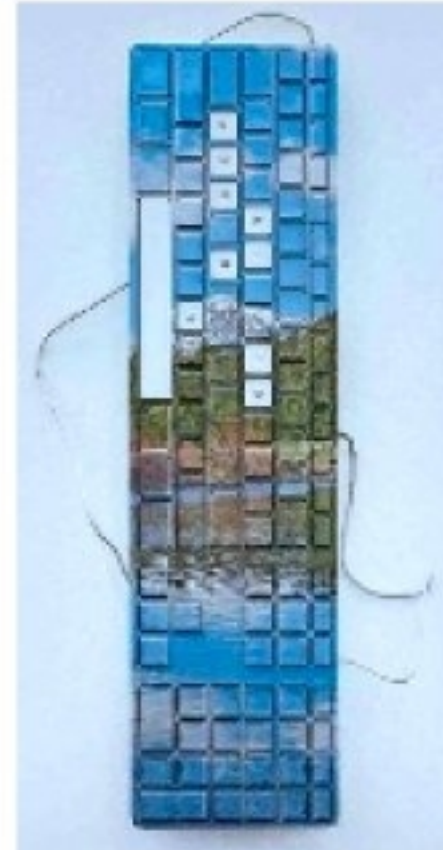
Get your groove on 2

Want to dance? There's a free bellydance trial day on Saturday from 2-3 p.m. at Happy Soul Dance Studios, 3809 Oxford St. Visit Sari Oriental Motion on Facebook for details. If contra dancing is more your style, head to All Nations Church at 2535 Robie St. on Saturday night for the first contra dance of 2017. Intro to the basics for newbies starts at 7:30 p.m. Dance runs from 8 to 10:30 p.m. \$10 admission, \$8 or less for small budgets. Email info@halifaxcontra.ca for more.



The Air You Breathe is Metallic 3

This visiting artist show by James Hoff is at NSCAD's Anna Leonowens Gallery until Jan. 21. At the heart of the project is Yosemite, the American state park that has become socially digitized by Apple's appropriation of the name for a version of its operating system. The centrepiece of this exhibition is a live, ongoing video stream of Google's Street View walking tour of Yosemite. Hoff has modified it so it reacts and moves to sounds from gallery visitors and a soundtrack he has created. Saturday's hours are noon to 4 p.m.



Wintersleep 4

Saturday night's show is sold out, but tickets are available for the alt-rock band's second show at The Marquee Sunday. Doors open at 9 p.m., show starts at 10 p.m. Tickets \$38 with fees and taxes and available at tickethalifax.com

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Young women mark 100 years

EQUALITY

Gathering to celebrate the right to vote at Province House



Yvette d'Entremont
Metro | Halifax

Sarah Toole finds it hard to imagine women have only had the right to vote for 100 years.

Toole, 22, was one of more than 30 young women from across Nova Scotia who gathered at Province House on Thursday to mark the 100-year anniversary of women's enfranchisement in Canada.

"You think 100 years is a long time but that's your grandmother or great grandmother, and she didn't have that right to vote," the Acadia University student said.

"It's something that I take for granted, but it's very important for me. I need to step on the path that I know my



Sarah Toole will be heading to the country's capital to take part in Daughters of the Vote event.

JEFF HARPER/METRO

grandmother couldn't have taken."

Toole is also representing

the federal riding of Cumberland-Colchester in Ottawa as part of the Daughters of the

Vote event in March.

Initiated by Equal Voice Canada, that event will see

one woman from every federal riding in Canada represent their communities by taking seats in Parliament on International Women's Day, March 8.

More than 60 young women

Daughters of the Vote. She worked as a Province House page and also aspires to a career in politics. "I think events like this are so important because you need to see people like yourself as

"It's something that I take for granted, but it's very important for me. I need to step on the path that I know my grandmother couldn't have taken. Sarah Toole

between the ages of 18 and 23 from across Nova Scotia applied for the 11 spots.

"For me it's very symbolic. My great, great grandfather was in line to be a premier when he died, so today is very important to me to be taking his seat in the legislature," Toole said. "I'm excited to be going to Ottawa to make my family proud and to know that some day, that's where I'm aspiring to be, to have my own seat there."

Dalhousie University student Sarah Dobson will represent the riding of Halifax West in Ottawa as part of

role models if you want to pursue a (political) career," Dobson said.

"It's great to get to meet some of the women who are forging that path for the next generation. I am very honoured to be chosen."

+ UPDATES

How to follow:

For updates from across Canada, follow #daughtersofthevote on Twitter via @EqualVoiceCA



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EDUCATION

Minister questioning teachers' training trips amid work-to-rule

Nova Scotia's education minister is wondering why teachers have continued to travel to professional development conferences despite their work-to-rule job action.

Karen Casey was reacting to a CBC report that 11 teachers attended a conference in Hawaii last week after getting permission from the Nova Scotia Teachers Union.

Casey says since work-to-rule began Dec. 5, events and activities have been constrained by a strict edict that stipulates teachers should only report for work 20 minutes before class starts and leave 20 minutes after the school day ends.

She questions whether there is a double standard at play,

and said she doesn't know how the union can defend the trips, which she confirms were approved prior to the Dec. 5 job action.

"I'm just wondering why the union would not tell the teachers that as of Dec. 5, even though it was planned before, it's cancelled," said Casey in an interview Thursday.

"The answer we got initially (from the union) was, 'Well it was planned before Dec. 5.' My point is, so were many, many of these hockey tournaments and other sports events and trips. They were planned for and many of them paid for by students and parents before Dec. 5."

The Education Department says the province provides ap-

proximately \$6.4 million in funding per year for professional development for teachers.

It says teachers can be reimbursed for courses taken for the purpose of upgrading their professional qualifications or improving classroom effectiveness, and are subject to the budget established by the professional development committee.

Contract negotiations were continuing Thursday, although Casey says the sides would have to decide whether to keep talking or set some new dates for further discussions.

The union did not immediately return a request for comment Thursday.

THE CANADIAN PRESS

DAIRY INDUSTRY

Saputo, Agropur lay off 346 workers

Canada's two largest dairy processors are laying off 346 employees in Atlantic Canada.

Agropur Dairy Co-operative is cutting 62 full-time and 97 part-time workers in Nova Scotia, New Brunswick, and Newfoundland and Labrador, effective April 1.

Saputo Inc. is laying off 66 full-time and 121 part-time employees in Nova Scotia and Newfoundland.

Both companies say the workers stocked store shelves with their merchandise, and the change will bring their approach in line with how dairy processors handle or-

ders and deliver their products to grocery stores elsewhere in Canada.

Generally, retailers have their own staff stock store shelves.

Neither Quebec-based company would say how much money would be saved by the change. THE CANADIAN PRESS

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COAST GUARD

Effort to pull grounded tanker

A senior coast guard official says he's very optimistic a second effort to pull a grounded tanker off a sandy bottom in a Cape Breton bay will be successful.

Keith Laidlaw confirmed during a briefing Thursday that the salvage firm McKeil Marine will be using its more powerful tug to move the Arca 1 out off the beach where it has been lodged

since Sunday.

The coast guard has said the vessel was en route to Mexico carrying no cargo when it experienced mechanical difficulties during a winter storm, requiring a helicopter to airlift six crew members to safety.

The salvage firm said the first tow was called off shortly after high tide on Tuesday, in part

due to challenges in removing enough ballast water from the ship before the tow attempt.

Laidlaw said the next attempt requires a longer tow line and additional pumps to remove the ballast water. He said the timing of the next attempt will depend on weather conditions but is likely to occur on the weekend.

THE CANADIAN PRESS

STATISTICS

High number of black people street checked 'unacceptable'

The premier of Nova Scotia has weighed in on statistics that show black people in Halifax are three times more likely than white people to be street checked



Premier Stephen McNeil.

METRO FILE PHOTO

by police.

"I don't think it's acceptable anywhere. I think I was startled, like most Nova Scotians, by the stats that were brought out," Premier Stephen McNeil told reporters.

Mayor Mike Savage said the numbers concerned him, and he would press the force to gather more information to determine why the checks were done and what police were looking for in neighbourhoods where they were carried out.

A report this week from the Halifax RCMP — which patrols certain parts of the Halifax

Regional Municipality — also found a high level of street checks in the first 10 months of 2016 involved black people. It said that of the 1,246 street checks in that period, 41 per cent involved African-Nova Scotians.

The Halifax Regional Police figures showed that between 2005 and 2016, that force conducted 68,400 street checks of people and groups. Of the roughly 37,000 people checked over that period, almost 4,100 were black, despite making up only 3.59 per cent of the municipal population, according to the 2011 census. THE CANADIAN PRESS



Shanna Desmond and her daughter Aaliyah. THE CANADIAN PRESS/FACEBOOK

Shanna Desmond was 'determined'

MURDER-SUICIDE

Second funeral held in grieving community

What most people remember about Shanna Desmond was her ever-present, winning smile and the optimism it reflected.

But behind that smile was a steely sense of determination that made the 31-year-old woman an admired figure in Upper Big Tracadie, the village where she lived with her husband Lionel and their 10-year-old daughter Aaliyah before a horrific murder-suicide.

Shanna and Aaliyah Desmond were laid to rest at a private funeral Thursday in nearby Tracadie, a day after a funeral for her mother-in-law Brenda Desmond as well as Lionel, who police say

killed them all and then himself.

Shanna Ralene Desmond was born in Ontario, but her family moved back to their ancestral homeland in northeastern Nova Scotia when she was in high school. Soon afterwards, she met Lionel Desmond, the young man who would later join the Canadian army and become her husband.

Along the way, Desmond studied to be a hairdresser, but she wasn't content with that. Eventually, she would enrol in a four-year nursing program at St. Francis Xavier University, a 30-minute drive away in Antigonish.

She graduated in May of 2016, and landed a job as a registered nurse at St. Martha's Regional Hospital, also in Antigonish.

"That's what she wanted to do," her aunt, 66-year-old Catherine Hartling, said. "She went after it ... She was always determined."

A spokeswoman for Nova Sco-

+ ARRANGEMENTS

Lionel Desmond and Brenda Desmond's funeral was held Wednesday at St. Peter's Roman Catholic Church in Tracadie, where 300 people packed the old church to overflowing.

The private funeral for Shanna and Aaliyah Desmond was held across the street at the local hall.

tia's Health Department said no one at the hospital was willing to speak about their colleague, but spokeswoman Kristen Lipscombe later released a brief statement from the Nova Scotia Health Authority.

"This is a sad day for staff at the Nova Scotia Health Authority and particularly at St. Martha's Regional Hospital," the statement said. THE CANADIAN PRESS

TEACHER SEX CRIMES

Cross-appeal for new trial filed

A second notice of appeal has been filed in the case of a former schoolteacher sentenced in December for sex-related crimes involving minors.

Both the Crown and defence have filed appeals in the case of Carolyn Amy Hood, Stellarton, who was sentenced last month to a 15-month conditional sentence order that includes 12 months' house arrest followed by two years' probation.

On Jan. 4, the appeals branch of the Nova Scotia Public Prosecution Service filed a notice of appeal regarding the leniency of

the sentence. Then, on Monday, the Nova Scotia Court of Appeal received a notice of cross-appeal filed by defence lawyer Joel Pink asking for a new trial.

The Crown's position is that the provincial court judge erred by not upholding the mandatory minimum punishment for the offence of sexual exploitation and that the sentence imposed inadequately reflects the objectives of denunciation and deterrence.

It asked that a sentence of at least two years be imposed on Hood.

The cross-appeal from the defence says the judge erred by inferring from Hood's choice not to testify that she adversely affected her case; that the judge's decision was not supported by the evidence brought before the court; and that the judge erred in his treatment of expert evidence.

The cross-appeal has asked that the conviction of guilt be set aside and replaced with a finding that Hood is not criminally responsible on account of a mental disorder and a new trial be ordered. TC MEDIA



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Lottery-winning mom sticks to her word

LOTTO MAX

Marilyn Boylan always told her kids she'd win big and she did



Haley Ryan
Metro | Halifax

Marilyn Boylan always told her children she'd win the lottery — and last week she proved it.

After seeing her winning numbers in the Jan. 6 LOTTO MAX draw, Boylan called her daughter Tracy Boylan right away and told her they would be claiming the prize together.

"I always told my children — I'm going to win the lottery someday," Marilyn said in an Atlantic Lottery release Thursday. Tracy remembers her mother welcoming less-fortunate people into their



Marilyn Boylan, left, and Tracy Boylan claim their prize Thursday. CONTRIBUTED

home when they knocked on the door, and despite working full time as a single mom, Marilyn always put her chil-

dren first.

"I worked long hours to put food in their stomach, a roof over their head and

LUCKY STORE

The Family Drug Centre on Portland Street in Dartmouth sold the winning ticket and will receive a one per cent seller's prize.

clothes on their back," Marilyn said in the release. "You add a little water to the soup pot and you do what you have to do."

Marilyn and Tracy picked up their \$1-million cheque Thursday at the Atlantic Lottery office in Dartmouth. The mother-and-daughter duo was one of 18 MAXMILLIONS winners for the Jan. 6 draw, and the only one in Atlantic Canada.

One of the items on Marilyn's new to-do list is to apply for a passport. She would like to travel to England next year and attend Crufts, one of the world's largest dog shows.

FOOD ALLOWANCE

Special diet payments under review: Minister

Nova Scotia's Community Services minister says her department is considering what to do about special diet allowances as it examines its social assistance programs, although Joanne Bernard made no specific promise of change.

Bernard said part of any decision would include information forwarded by the Nova Scotia Human Rights Commission, which was ordered by a judge on Wednesday to re-examine a complaint alleging discrimination around the diet payments.

She said the special needs program hasn't been revamped since 2001. "Is it part of everything that we are looking at? Absolutely," she said following Thursday's cabinet meeting.

"When you are looking at a department, at a system that hasn't been tinkered with since 2001, all of these issues are on the table."

Bernard — who wouldn't comment on the judge's ruling — still defended her department, saying it spends a significant portion of its overall benefits budget for special diets, at \$8.8 million in 2015-16.

DECISION

The human rights commission says it will decide whether the complainant's case should be sent to a board of inquiry at its next meeting Feb. 22 and 23.

A group of five social assistance recipients and the North End Community Health Centre in Halifax allege the government has discriminated because it has failed to increase the special dietary rates for people with disabilities since 1996, while increasing the basic food allowance recipients receive 11 times over that 20-year period.

"During the time that special needs funding for special diet hasn't gone up, we certainly have seen increases over the years of the food personal allowance," Bernard said. "So we will just wait and see what happens at the human rights commission and we will go from there."

THE CANADIAN PRESS

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Canuck cliché may be true

IDENTITY

Canadians are as nice as the world insists, author says

When Michigan-born author Kerry Colburn started dating a Canadian, her girlfriends had an immediate great impression of him — without even meeting the guy.

"They would say, 'Oh you're so lucky, you're dating a Canadian. Those guys are so nice!'" recalls Colburn, who went on to marry the Canuck.

The fact he was Canadian seemed to be the only thing her gal pals needed to know, she chuckles.

The notion that Canadians are extra nice is an enduring stereotype the Seattle-based writer wholeheartedly buys into, and it would seem a lot of Americans do, too.

Meryl Streep was the latest to invoke the cliché in her Golden Globes speech on Sunday, a barbed critique of U.S.

president-elect Donald Trump that included a salute to Ontario's Ryan Gosling for being "the nicest people."

"It's so funny that of all the adjectives that she could use for the Canadians she says 'the nicest,' right?" says Colburn, who teamed with her husband to co-write the books "The U.S. of EH?" and "So, You Want to be Canadian?"

Like it or not, Canadians should embrace this persistent perception, mostly because it's

true, U.S. author and avid traveller Eric Weiner says.

"I get a lot of push-back from Canadians who say, 'We're really not that nice,'" says

“

I think the niceness is this politeness and this humility.

Eric Weiner

Weiner.

"I know Canadians will bristle and say, 'We're really just passive-aggressive.' ... There is an element of passivity, I think, in the Canadian character that comes across sometimes, but really I think the niceness is this politeness and this humility that we don't have here."

Of course, like any stereotype, the notion of the "nice Canadian" is not universally true, he adds. THE CANADIAN PRESS



Like it or not, Canadians should embrace the persistent perception that they're nice, U.S. author Eric Weiner says. ISTOCK



POLITICS TRUDEAU FACES TOUGH QUESTIONS ON TOUR

Prime Minister Justin Trudeau gestures to a member of the audience during the question and answer session during a town hall meeting in Kingston, Ont. on Thursday.

Trudeau, who faced critical questions about issues including the Phoenix pay controversy and the handling of indigenous issues, is at the start of a whirlwind, taxpayer-funded outreach tour.

THE CANADIAN PRESS

VACATION

PM confirms, defends private flight to island

Prime Minister Justin Trudeau is confirming — and defending — his use of a private helicopter while vacationing with the Aga Khan, saying it was the only way to get to his friend's secluded Bahamian island.

The prime minister and his family spent time over Christmas at Bell Island in the Bahamas.

To do so, they flew to Nassau on a Canadian government jet, but made the last leg of the journey aboard the Aga Khan's helicopter.

Trudeau's own ethics guidelines bar the use of sponsored travel in private aircraft, allowing only for exceptional circumstances related to the job of prime minister and only with the prior approval of the ethics commissioner.

But he says he doesn't be-

“

The fact that the Aga Khan has been a longtime family friend is well known. Prime Minister Justin Trudeau

lieve the trip poses any ethical dilemma.

He says he's happy to discuss the matter with conflict of interest and ethics commissioner Mary Dawson "and answer any questions she may have."

Trudeau only confirmed the helicopter flight when speaking to reporters on Thursday, noting it's the only way to get to Bell Island.

"The travel back and forth from Nassau happens on the Aga Khan's private helicopter, which he offered us the use of," Trudeau said. "It's something that certainly we look forward

to discussing with the conflict of interest and ethics commissioner, but we don't see an issue on that." He repeated that the vacation was a family trip, adding that it's no secret that he has known the Aga Khan since childhood.

"The fact that the Aga Khan has been a longtime family friend is well known — he was a pallbearer at my father's mildly publicized funeral a number of years ago."

On Wednesday, Conservative MP Blaine Calkins asked Dawson to investigate Trudeau's trip, a request that came a day after Tory

leadership contender Andrew Scheer made a similar request.

Both complaints question whether it is OK for the prime minister to accept the hospitality of someone whose foundation receives funds from the Canadian government.

"Section 12 of the Conflict of Interest Act clearly states that ministers, their families and their staff are prohibited from accepting travel by private aircraft, unless it's approved by the ethics commissioner," Calkins writes.

"Given that the prime minister did not contact the ethics commissioner prior to travelling, continues to dodge questions from the media, and has a history of questionable ethical decisions, Canadians are rightly concerned." THE CANADIAN PRESS

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Goodbye and hello

Obama's big farewell, and Trump's first media hello, couldn't have done more to put the past and present into sharp relief

ROSEMARY WESTWOOD
From the U.S.



Did you hear the echo in Barack Obama's voice during his farewell address? It made him sound like a man already speaking from the past. Or if you take seriously his message of hope — that consistent, plodding message of hope — a man speaking from the future.

Maybe you were also online, watching the stories stream in via CNN and the New York Times detailing all the dirt that Russia, allegedly, has on President-elect Donald Trump.

Watching reporters lob complicated, double-barred questions at Trump during his press conference the next day, questions he easily sidestepped; watching Trump turn said press conference, meant to cover his enormous conflicts of interest, into a referendum on how the media handled the steamy allegations of blackmail dirt; watching Trump stock the marbled



The differences between Obama and Trump couldn't have been sharper this week. GETTY IMAGES

room with a cheering audience and piles of paper, signaling that all press conferences from now on will be staged like a performance; all this suggested that someone still has the upper hand. And it's an orange one.

This week, with Obama's big goodbye, and Trump's first media hello, couldn't have done more to put the past and present into sharp relief.

Obama spoke, as always, with passion, composure, and eloquent complete sentences. Trump spoke, as always, with

derision, falsities and the rhetorical equivalent of splashing in a pool. Very early Wednesday morning, Trump compared his political opponents to "Nazi Germany" on Twitter.

Later, we learned that the 2016 "Russia Law Firm of the Year," Morgan Lewis, was picked to handle Trump's business conflicts of interest, just as Trump was forced to admit Russia hacked the DNC and sought to influence the U.S. election in his favour, which itself came after months of Putin-fawning and intelligence-

community bashing. Putin's fondness for Trump is "an asset," Trump asserted, without any irony. Later, he took to Twitter to tell everyone to go "buy L.L. Bean."

Trump's attack on BuzzFeed and CNN during his press conference should alarm the media. (He called BuzzFeed a "failing pile of garbage," and CNN "fake news," and refused to answer a CNN reporter's questions.) So should his clear disinterest in regular press conferences.

The institution of the

presidency will not emerge from four years of Trump unchanged. It's already begun to mould around him during the transition, especially on the matter of communication with the press and conflicts of interest. When Trump called the unsubstantiated report of Russian blackmail and influence "fake news," he continued the tradition of hyperbolic statements intended to destabilize any sense of a common reality.

When he again argued only reporters care about seeing his tax returns, he ignored the facts. This week, a poll found 60 per cent of Americans agree with reporters, but 53 per cent of Republicans agree with Trump.

Trump, it's clear, considers his supporters to be Americans, the media to be the enemy, and everyone else to be invisible. This is how we can expect him to govern. From hope to harassment: The presidential transition of our time.

U.S. POLITICS

Carson tells Senate he knows housing needs

Former U.S. presidential candidate Ben Carson defended his experience and credentials Thursday to serve as the nation's new housing secretary, turning to his life story to show that he understands the needs of the country's vulnerable. At his confirmation hearing, Carson talked about growing up in Detroit with a single mother who worked numerous jobs to keep a roof over their heads.

"I have actually in my life understood what housing insecurity was," he said.

THE ASSOCIATED PRESS

Cuban immigration policy ends after many years

President Barack Obama announced Thursday he is ending a longstanding immigration policy that allows any Cuban who makes it to U.S. soil to stay. The repeal of the "wet foot, dry foot" policy is effective immediately, and follows months of negotiations focused in part on getting Cuba to agree to take back people who had arrived in the U.S. THE ASSOCIATED PRESS

WASHINGTON

Emotional Biden awarded Presidential Medal of Freedom

At the dusk of both of their political careers, surrounded by friends and family, U.S. President Barack Obama on Thursday bestowed the Presidential Medal of Freedom on Joe Biden, the man he called "the finest vice-president we have ever seen."

Biden winced in shock as Obama announced he was conferring the nation's highest civil honour on his right-hand-man of eight years. Biden turned away from cameras, wiped away tears, then stood stoically as Obama draped the blue-and-white ribbon around his neck.

"I just hope that the asterisk in history that is attached to my name when they talk about this presidency is that I can say I was part of the journey of a remarkable man who did remarkable

things for this country," Biden said.

There were several standing ovations at what had been billed as a modest farewell ceremony for Biden but evolved into a surprise bestowal of the Medal of Freedom, the last time Obama will present the honour.

"I had no idea," Biden said of the award, insisting he didn't deserve it.

It was the only time Obama has presented the medal "with distinction," also awarded only once by each of the previous three presidents.

Obama, joined Thursday by his wife and daughters, was effusive in his praise for the man who ran against him in 2008, then agreed to be his running mate. He said Biden had made him a better president, calling him "a lion of American history."

"To know Joe Biden is to know love without pretense, service without self-regard and to live life fully," Obama said.

The famously plainspoken Biden has long said he only agreed to the job after Obama agreed he would be the last per-

son in the room before major decisions were made. Over two terms, they developed a bond that both men said transcended the office, with their wives, children and Biden's grandchildren becoming close friends.

They disagreed, too, on occasion, including when Biden advocated against the high-stakes raid that killed Osama bin Laden. Biden's tendency to veer off-script caused occasional headaches for the White House, such as when he unexpectedly announced support for gay marriage in advance of the 2012 re-election, forcing Obama to do the same soon after.

Yet as they gathered for a final goodbye, none of that seemed on either man's mind.

THE ASSOCIATED PRESS



Joe Biden accepts the Presidential Medal of Freedom on Thursday. THE ASSOCIATED PRESS

SYRIA

Airstrikes continuing to escalate despite ceasefire

The UN envoy for Syria said Thursday that a ceasefire was "largely holding, with some exceptions," as opposition activists reported a mounting number of government airstrikes, including a raid in the northern Aleppo province that killed at least six civilians.

Speaking to reporters in Geneva, Staffan de Mistura said he was concerned that fighting

northwest of Damascus that has cut off the capital's clean water supply would further escalate and derail proposed negotiations between the government and the opposition in Astana, Kazakhstan, later this month.

The talks are sponsored by Russia and Turkey, which support opposing sides of the Syrian civil war. But the status of the meeting, planned for Jan.

23, is not clear. Rebels say the government's continued campaign for the Barada Valley, the capital's main source of water, has cast the talks in doubt.

The UN says the capital has suffered from a water shortage affecting 5.5 million consumers since December 22.

The leader of one of Syria's largest rebel factions, the ultraconservative Ahrar al-

Sham, said in remarks aired Thursday that the violence in the valley and daily airstrikes on rebel-held areas "are signs of a collapsing truce."

De Mistura said five villages in the Wadi Barada area have reached an "arrangement" with the government, but two villages, including one which holds the source of water, al-Fijeh, have not.

"There is a danger, a substantial danger, imminent danger, that this may develop into a further military escalation," further imperiling the water supply, he said.

He also said the ceasefire, which came into effect Dec. 30, should widen humanitarian access to besieged areas, but that "unfortunately, that is not the case." THE ASSOCIATED PRESS

ISRAEL

Syria says Israel Friday launched missiles that hit near a military airport west of Damascus, triggering a fire. In a statement, the military says the missiles fell in the vicinity of the Mezzeh military airport. It did not say whether there were any casualties.

THE ASSOCIATED PRESS



Coal mining in Sparwood, B.C. is expected to escape the fallout of a carbon tax as it exports its product. THE CANADIAN PRESS

Tale of two coal towns

CARBON TAX

Hanna, Alta. may lose jobs; Sparwood, B.C. unaffected

The hand-painted sign on a bumpy road on the east side of Hanna speaks volumes.

"Hanna supports coal, cows, gas and oil," it says bluntly. The sign includes a circle with a line through it over the words "carbon tax."

The town of 2,700, northeast of Calgary, has largely lived off agriculture. But a large vein of thermal coal east of town led to the construction of the coal-fired Sheerness generating plant in the early 1980s and has provided jobs and business in the region ever since.

People worry that economic boost is threatened by a new carbon levy and the provincial government's plan to shut down coal-fired power plants by 2030 and move exclusively to natural gas, wind, solar and hydro energy instead.

"If it's a complete 100 per cent closure we're going to

lose 200 full-time, well-paying jobs. That's about 7.5 per cent of our population," says Hanna Mayor Chris Warwick.

"To put that into real-life numbers, Edmonton losing 7.5 per cent is about 62,000 people — Calgary's around 90,000 — so it's a massive hit. These are well-paying jobs so it's not a good situation for us."

It's a different situation 450 km southeast in Sparwood, B.C., where coal is still king.

Sparwood, unlike Hanna, has metallurgical coal, which is almost entirely exported to Japan and Korea for steelmaking. That makes the product exempt from the carbon tax.

Sparwood's mayor says an increase in world prices over the past few years has kept the mountain community humming. Teck Resources employs about 4,000 people at its five steelmaking coal operations.

"We're very dependant. Coal is what we are — 90 per cent of the people who live in Sparwood are dependant on coal one way or another, whether it's directly with Teck or sub-trades or contractors," says Mayor Cal McDougall.

THE CANADIAN PRESS

HOUSING

Real estate closing 'feast and famine' gap

The extreme regional disparities that characterized Canada's real-estate markets last year will narrow in 2017 as overheated areas cool and slower markets gather steam, Royal LePage says in a report released Thursday.

That trend will be driven by lower prices in Greater Vancouver and strong but moderating price growth in the Greater Toronto Area, the company said.

"In 2017, we anticipate a movement away from the

regional extremes of real-estate feast and famine — and that is a very good thing," said Phil Soper, president and CEO of Royal LePage.

Royal LePage's national composite index of prices grew 13 per cent year-over-year to \$558,153 in the fourth quarter of last year, the highest increase recorded by the index in more than

10 years. Two-storey homes led the charge, rising 14.3 per cent to \$661,730, while the price of a condo was up a more moderate 7.4 per cent to \$356,307.

Nationally, home prices are forecast to climb 2.8 per cent this year, Royal LePage said.

In Greater Vancouver, an 8.5 per cent price cor-

rection is expected, in spite of the fact that the province's economy is projected to lead the country this year. Even with that decline, home prices would be \$1,126,000.

That contrasts with the outlook for the Toronto area's real-estate market, where Soper says there is "no relief in sight" as underlying economic fundamentals remain strong. Prices in the area are expected to hit \$793,000, an increase of 10 per cent. THE CANADIAN PRESS

13%

The highest growth in 10 years recorded in Royal LePage's national composite index of prices.

STORMWATER SERVICE PAST, PRESENT AND FUTURE

THE PAST - Stormwater fees, distinct from taxation, have existed since 1997. A wastewater/stormwater management charge was initially levied by HRM in 1997 and collected on the water bill by Halifax Water for HRM. At that time, only customers with piped wastewater service received a bill. Residents serviced by ditches and culverts did not pay, but were still provided the service by HRM through funds collected from customers with piped wastewater service. In other words, customers with piped service were subsidizing customers served by ditches and culverts.

THE PRESENT - In 2007 Halifax Water assumed responsibility for wastewater and stormwater service delivery and reviewed these charges based on user pay principles, as regulated by the Nova Scotia Utility and Review Board (NSUARB). In July 2013 the NSUARB approved the current rate structure which corrected the inequity noted above.

THE FUTURE - On October 31, 2016 Halifax Water filed a Stormwater rate application with the NSUARB. The NSUARB hearing, which is open to the public, is scheduled to commence on February 14, 2017.

Highlights of the proposed changes to how Halifax Water charges for stormwater service include:

- Tiering of Residential Properties. Properties with more impervious area would pay more than those with less impervious area. Under this proposal, the majority of residential customers (88%) will see a decrease in their Site Related Flow (SRF) Charge from Halifax Water, as noted in the table below.

	TIER PARAMETERS Impervious Area in square metres	OLD RATE	NEW ANNUAL CHARGE	NUMBER OF CUSTOMERS AFFECTED
TIER 1	Less than 50m ²	\$33.39	\$0.00	2,326
TIER 2	50 to 200m ²	\$33.39	\$14.00	44,710
TIER 3	210 to 400m ²	\$33.39	\$27.00	31,041
TIER 4	410 to 800m ²	\$33.39	\$54.00	7,768
TIER 5	Greater than 810m ²	\$33.39	\$81.00	2,123

- More properties will be exempt from the SRF charge - those with less than 50m² of impervious area.
- Customers will be billed in increments of 10m² rather than billing based on 1m² of impervious area.
- Introduce a credit system for non-residential properties with best management practices such as retention ponds that help manage peak stormwater flows.



In an effort to better explain stormwater service, Halifax Water has significantly improved its website, with graphics, videos and a searchable Stormwater Service Boundary map. The enhanced website provides information that is much easier to understand and navigate. Take a few minutes to visit www.halifaxwater.ca and check the front page links for full stormwater service information.



market minute

- DOLLAR**
76.15¢ (+0.26¢)
- TSX**
15,418.16 (-73.38)
- OIL**
\$53.01 US (+76¢)
- GOLD**
\$1,199.80 US (+\$3.20)

NATURAL GAS: \$3.39 US (+16¢)
DOW JONES: 19,891 (-63.28)

IN BRIEF

McBreakfast all day long

McDonald's has begun serving its famed Egg McMuffins, hash browns and other breakfast menu items around the clock in some restaurants in Canada. The fast-food giant has launched all-day breakfast at 17 restaurants in B.C., Ontario and Quebec. THE CANADIAN PRESS



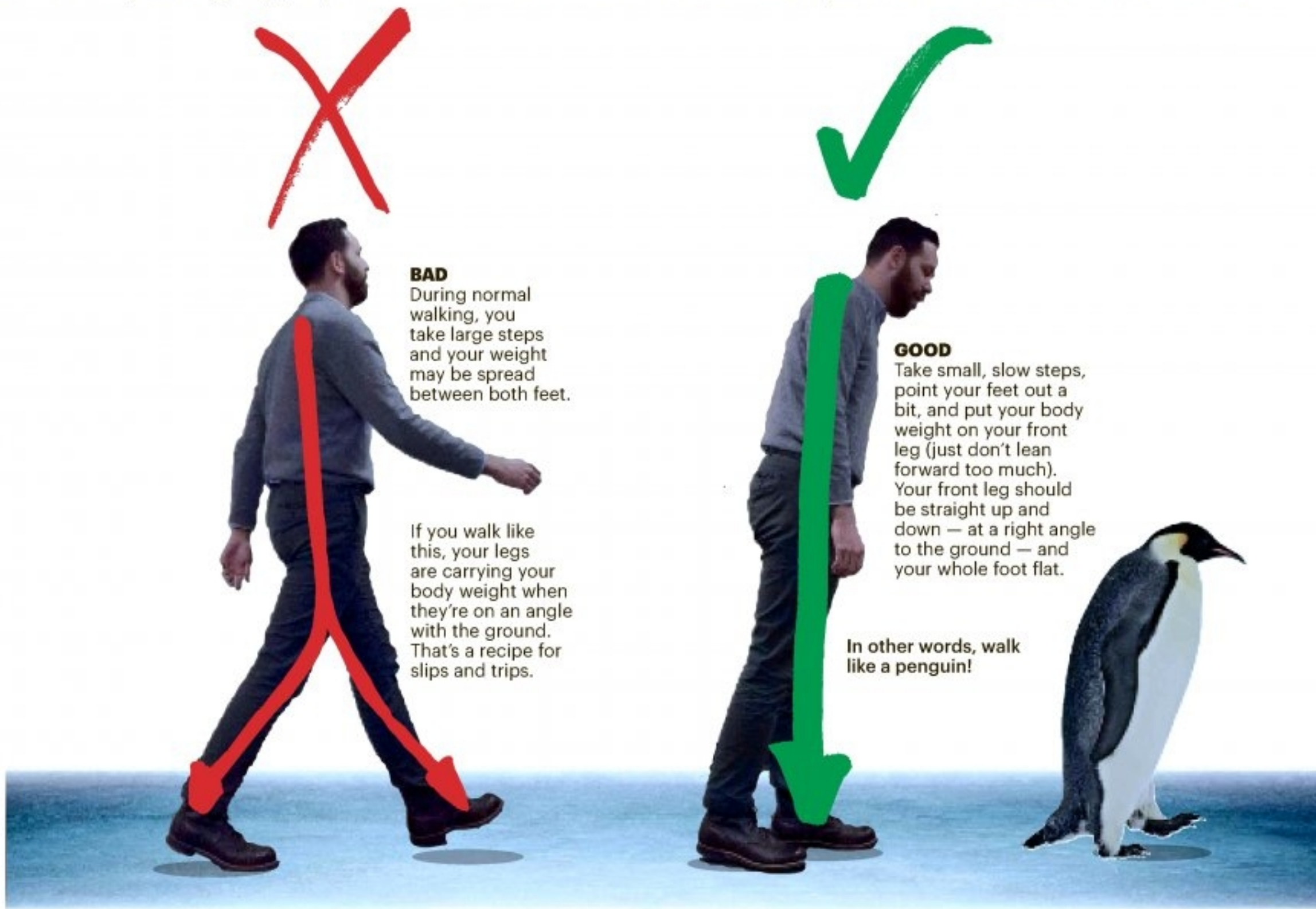
Your essential daily news

Doggone sad: Big dogs may have short lives because they burn a lot of energy, making chemicals called free radicals that speed up aging

DECODED by Genna Buck and Andrés Plana

MARCH LIKE A PENGUIN, FOR SAFETY

Falls are a big deal. In winter, very real fear of falling can isolate the elderly and people with disabilities indoors, but anyone can take a tumble. A group of German doctors has published guidelines on how to walk safely during slippery-sidewalk season. We recruited Metro reporter Luke Simcoe to demonstrate.



BAD
During normal walking, you take large steps and your weight may be spread between both feet.

If you walk like this, your legs are carrying your body weight when they're on an angle with the ground. That's a recipe for slips and trips.

GOOD
Take small, slow steps, point your feet out a bit, and put your body weight on your front leg (just don't lean forward too much). Your front leg should be straight up and down — at a right angle to the ground — and your whole foot flat.

In other words, walk like a penguin!

FINDINGS Your week in science

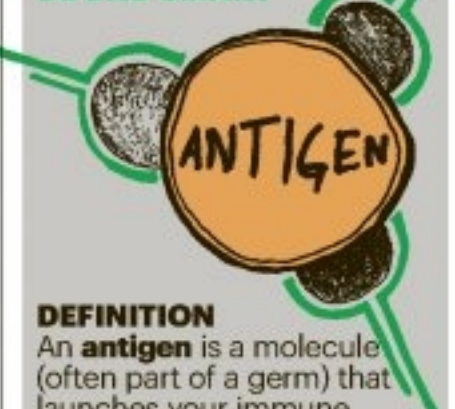


STEVEN G. JOHNSON

MONKEY MATH
University of Toronto researchers believe capuchin monkeys have some understanding of probability. When given a choice between different jars, they pick ones with proportionally more peanuts. It's a level of numeracy beyond "less" and "more" we thought only humans had.

TIGHTEST KNOT
University of Manchester scientists have the boy scouts beat. They braided molecular strands into the tightest, most complex knot ever made. It crosses itself eight times.

SOUND SMART



DEFINITION
An **antigen** is a molecule (often part of a germ) that launches your immune system into attack mode. In response to contact with an **antigen**, you make sticky proteins called **antibodies** to fight it.

USE IT IN A SENTENCE
Everybody is staying ten feet away from Deborah because she's sneezing and sniffing. But she doesn't have the flu. Her body thinks the dust in here is an **antigen**, even though it's harmless, and her immune system is on the attack. She has a dust **allergy**.



CITIZEN SCIENTIST by Genna Buck

How can I boost my immune system?

Does zinc, echinacea or vitamin C help boost the immune system? - Levon, Toronto

Given what a gnarly cold and flu season we're in, I wish I had some better news for you. Alas, no.

The first thing to ask when someone claims this or that potion "boosts the immune system" is "Which part of it?" The immune system isn't one thing. It's physical barriers, specialized cells and response mechanisms all working together to fight off invaders like cold and flu viruses.

The second thing to ask is "what are the side effects?" A true, measurable, significant boost to the immune system can leave you feeling pretty crummy. Ever gotten a shot of interferon to help rev up the inflammatory response your body uses to fight a virus? The disease-fighting proteins released into the blood are the same ones you get from a hangover. What about sargramostim, which helps make white blood cells if yours have been wiped out by chemo? One of the side effects is "bone pain." Ick.

It's true your immune system may fall down on the job if you're stressed, malnourished, smoking, or deficient in essential vitamins or minerals. But if you're generally healthy, there isn't that much you can do to get immunity superpowers, cool as that would be.

On to specifics: There's a bit of evidence, from reviews of previous studies, that taking echinacea or zinc supplements may shorten the duration of colds very slightly. But the data are mixed and the effect is small to insignificant, especially in the case of echin-

acea. Getting enough vitamin C helps you have fewer colds, but it doesn't do much once you're sick.

A vitamin D researcher I spoke to once reminded me of something else: Some studies that find that vitamin supplements have a benefit (i.e. a vitamin prevents colds), didn't screen people for deficiency. The pills didn't give people extra immunity: They fixed what was broken, allowing the immune system to work as it should.

Science Question?
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Richard Crouse
In Focus



Meryl Streep has a body of work that speaks for itself and, as she proved last Sunday night from the stage of the Golden Globes, is unafraid to challenge the status quo. But last week while the world formed opinions about Streep as she mouthed off about Donald Trump, I had my eye on someone in the audience.

During Streep's speech the camera landed on Annette Bening, who gives the Grand Dame a run for her money, acting wise.

This weekend Bening adds 20th Century Women to her already stellar IMDB resume. As free-spirited single mother Dorothea she is, as writer David Edelstein wrote, irreducible. In other words she's complex: loving yet stand-offish, warm but steely, a hippie who studies the stock market and Bening brings her to vivid life.

It's that density of character that sets Bening apart from her peers, Streep included. Warren Beatty, her husband and sometimes director says she has, "talent, beauty, wit, humility and grace," a combination that makes her "the best actress alive."

Biased? Likely, but the evidence is on the screen. Bening works sporadically, sometimes taking years between projects or taking small supporting roles in idiosyncratic independent films like Ruby Sparks, but her characters are always compelling.

She became a star playing femme fatale Myra in 1990's con artist caper The Grifters. Gleefully embracing her character's deviousness, she stole the movie. Then came intricate portrayals of everything from a neurotic real estate broker

At the top of her field

Hollywood's second Grand Dame Annette Bening might be best of all



In 20th Century Women, Annette Bening serves up trademark density to her free-spirited character Dorothea. CONTRIBUTED

in American Beauty to Bugsy's tough-talking Hollywood starlet and In Dreams' psychic vigilante. Each performance is a polished gem even when the movies aren't as good as she is.

The last of her Best Actress Oscar nods came with 2010's The Kids Are Alright. At the center of story are Nic (Bening) and Jules (Julianne Moore), a long time lesbian couple raising their two kids. It's a happy family until their daughter contacts her biological father Paul (Mark Ruffalo) via the sperm bank.

A scene near the movie's end displays the complexity of

Bening's work. Nic and Paul sing a Joni Mitchell song at a dinner party. Their wild act is joyful, ridiculous and poignant simultaneously and is a perfect microcosm of Bening's performance. It's her well-drawn character that keeps the basic story afloat

with its lived-in, realistic feel.

Less known is Bening's fine work in The Face of Love, a 2014 film about a widow obsessed with a man who looks exactly like her late husband Tom. Trouble is, she never tells him about his resemblance, raising

the question: Is she in love with Tom or a memory?

Is she a selfish conniver, a grief stricken widow or one brick short of a load? The movie allows for interpretation, but regardless of your take, Bening's performance is so raw and vulnerable it's difficult to completely condemn her behaviour.

Bening's name may not always be mentioned in the hushed tones as Streep, but I suspect she doesn't care for the accolades as much as shattering the clichés of how women are portrayed on film. On that score she is at the top of her field.

+ THE MERYL STREEP I KNOW

Overrated is the last word I would use to describe Meryl Streep as an actress or interview subject. Like everybody else I've admired her work from the early fresh-faced roles in films like Manhattan to the emotional catharsis of Kramer vs. Kramer, through her accent phase and beyond.

I've also interviewed her several times. In our conversations, as in her controversial speech at the Golden Globes, she's always been forthright, fearless and gracious.

Our first chat was 11 years ago in Minnesota. I've done hundreds of these things and the only thing they have in common is the amount of time sitting in hotel hallways. Experience taught me to always bring a book.

I read until it was time to talk with Streep. I sat opposite her under hot TV lights. Then she did something remarkable. Before my first question she asked me one. "What book are you reading?" No actor had ever asked me about my ever-present book. As we chatted I was being seduced by the Streep charm.

She was doing what she does in her work; taking our time beyond the professional and into the personal. That bond to her audience and her characters is what makes her great, not just as an actress or speech-maker but also as a person. Overrated? I think not. RICHARD CROUSE/METRO



MOVIE RATINGS by Richard Crouse

Patriots Day ★★★★★
Paterson ★★★★★
20th Century Women ★★★★★
Live By Night ★★★
Monster Trucks (no stars)
Bugs ★★

HOW RATING WORKS
★★★★★ SEE IT
★★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

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Shaking things up at Sundance

CANADIAN CONTENT

Indigenous films bring new sense of urgency to fest

Rise and Rumble aren't just the titles of two noteworthy Canadian productions headed to this month's Sundance Film Festival. They're also statements of purpose.

Canada's filmmakers are out to get attention and shake up conventional wisdom at Sundance (Jan. 19-29).

This is especially true regarding films from Canada's indigenous communities. They've always been welcome at Sundance, but the selections this year have a new sense of urgency.

Rise, directed by Toronto's Michelle Latimer, an Algonquin/Métis filmmaker, is an original series for Rogers Media's ViceLand TV channel, planned for broadcast early this year.

Premiering in Sundance's Special Events section, Rise is billed as "a condemnation of colonialism and a celebration of Indigenous people worldwide." Three episodes premiering at Sundance — Sacred Water, Red Power and Apache Stronghold — show how native North Americans and their global supporters are peacefully, but forcefully, fighting back against exploitation of their land: at the Standing

Rock Indian Reservation spanning North Dakota and South Dakota, where the Dakota Access Pipeline threatens water supplies; and also at Arizona's San Carlos Apache Indian Reservation, where mining companies seek to dig up sacred ground.

"As a filmmaker I think I have a very real responsibility to bear witness," director/showrunner Latimer says via email. "How can I go work on a reality show about food or something when there are people in my own community dying because of lack of clean water, medical care and housing — and this is supposed to be in one of the most affluent countries in the world?"

"Something is very, very wrong when you look at that picture. Making films gives me a platform to explore and communicate the things in society I disagree with. And it gives me a productive place to direct my anger. Because believe me, I'm angry at both the disparity and the privilege I see around me every day." One of the Standing Rock episodes includes an interview with Jesse Wente, a member of the Ojibwa nation and TIFF's director of film programs.

"The rise of Indigenous media has really occurred in the last 10 years," he says. "There's absolutely a connection between the rise of things like Twitter, Facebook and other social media. The fact that you don't need to have a desk in a mainstream newsroom to necessarily have a voice in

I'm angry at both the disparity and the privilege I see around me every day.

Filmmaker
Michelle Latimer

today's media has meant a lot for marginalized communities."

It also allows these communities to correct the historical record, which is the impetus for Rumble, subtitled The Indians Who Rocked the World. It's a documentary account of how musicians with aboriginal roots, including guitar greats Jimi Hendrix, Link Wray, Charley Patton and The Band's Robbie Robertson, made a profound impact on popular music.

Sundance director John Cooper is excited about Rise and Rumble playing his festival because these films are "taking it to a place where you can actually effect change through the storytelling itself. I think that's what Rumble is going to do, because ... it brings you closer into looking at our world a little differently."

"With Rise, I really like the whole notion of young people and young voices telling these stories, which is part of the mission of that project."

TORSTAR NEWS SERVICE



Michelle Latimer directs Rise, a ViceLand TV series that's planned for broadcast early this year. Episodes show how native North Americans and their global supporters are peacefully but forcefully fighting back against exploitation of their land. COURTESY OF SUNDANCE INSTITUTE

EQUALITY

Just 7 per cent of top films in 2016 directed by women

A new study finds that just 7 per cent of the 250 highest-grossing films of 2016 were

directed by women.

The Center for the Study of Women in Television and

Film at San Diego State University on Thursday issued the 19th annual edition of

its report, titled The Celluloid Ceiling, authored by the centre's executive director, Martha M. Lauzen. The rate of female directors was down 2 per cent from last year.

Despite widespread attention in recent years to gender inequality in the film industry, the study found not only that opportunities aren't improving, but are getting slightly worse. Nearly 20 years ago, in 1998, 9 per cent of the top films were directed by women.

Researchers found the disparity across the board. In 2016, women comprised 17 per cent of all directors, writers, producers, executive producers, editors and cinematographers in the top 250 domestic-grossing films. That also is a decline of 2 per cent from 2015.

In recent years, gender in-

equality in Hollywood has drawn increased scrutiny, including an ongoing investigation by the federal Equal Employment Opportunity Commission.

Numerous stars have also spoken out about pay disparity. Most recently, Natalie Portman, who last year released her directorial debut, A Tale of Love and Darkness, told Marie Claire that she was paid three times less than co-star Ashton Kutcher in 2011's No Strings Attached.

The centre's study also showed the trickle-down effect of hiring female directors. In analyzing the top 500 films, researchers found that on films with female directors, women accounted for 64 per cent of writers. On male-directed films, just 9 per cent were women.

THE ASSOCIATED PRESS



Mira Nair, director of Queen of Katwe, has achieved a type of success in Hollywood uncommon for women.

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Representing:

Driver's sweetness shown in Paterson

INTERVIEW

Force Awakens actor switches gears in poetic, pensive role

Adam Driver prefers not to see the films and TV shows he's in, a policy that he grants he's taken a little far.

"I haven't seen Lincoln and I have, like, the smallest part in Lincoln," Driver says, chuckling. "It's not called Samuel Beckwith the Telegraph Operator, it's called ... Lincoln. I should watch it."

Even though he stars in two of the better films of the year, Jim Jarmusch's *Paterson* and Martin Scorsese's *Silence*, Driver won't see either. It's too excruciating.

"I try not to because I've seen things I've been in before and it's terrible," says Driver. "I think it's bad and it's film and film is forever. I want to change things. I kind of drive myself nuts and everyone around me nuts. It's mostly about control. You really have no control, so I try to surrender it."

Driver's attitude isn't uncommon among performers, but it hints at what distinguishes him as an actor. For him, it's about the experience of building a role, inhabiting it and then letting it go. To play the poet-bus driver of *Paterson*, he got a bus driver's licence. To play a Jesuit priest in 17th century Japan for *Silence*, he lost 51 pounds.

"It does turn into stunt-sounding because you have to talk about it so much," Driver says. "But it is part of your job, I think. Why not investigate as much as you

can in the short amount of time that you have? It's only three or four months."

While better known for the explosive volatility of his Kylo Ren on *The Force Awakens* or on HBO's *Girls*, Driver's underlying sweetness is more on the surface in his pensive performance in *Paterson*.

He plays Paterson, a bus driver and poet in Paterson, N.J. Jarmusch's film is a quiet marvel, full of repetition and patterns that steadily accrue quotidian beauty. *Paterson* goes about his day-to-day life while composing poetry in

“

You have to listen. It's the key ingredient.

Adam Driver

his head or jotting it down in his notebook. "Paterson listens" dots the script.

"A lot of acting is reacting," Driver says. "You have to listen. It's the key ingredient. For me, I love having a lot of scenes where I don't have to talk and I get to listen to other actors."

A former Marine raised in Mishawaka, Indiana, Driver embodies much of Paterson's duality. He grimaces whenever he thinks he sounds too much like an actor and blanches when the phrase "collaborative spirit" accidentally escapes. Twice during a friendly conversation at a Manhattan hotel he stood up to close a door to keep the chat private.

But while Driver shies away from broadcasting his more thoughtful feelings

about making art, he has already assembled a rich and varied gallery of artist portraits: the poet of Paterson, his aspiring filmmaker in Noah Baumbach's *While We're Young*, an intrepid photographer in *Tracks*, a cowboy hat-wearing folk singer in the Coen brothers' *Inside Llewyn Davis*, his Broadway actor on *Girls*.

Driver also founded the non-profit Arts in the Armed Forces, which performs monologues and scenes for members of the military and veterans. Its stated mission is to bridge the divide between "the world of the arts and the world of practical action."

"I was very struck by the idea that he understands both sides," Jarmusch said of Driver while introducing the film at the Cannes Film Festival. "He has experience in the military and he went to Juilliard. These two things are kind of impressive to me because it's breaking any kind of cliché of either thing."

At 33, Driver has already worked with a startling array of directors: Scorsese, Jarmusch, Steven Spielberg, the Coen brothers, Clint Eastwood, Jeff Nichols and Baumbach. This fall he also shot Steven Soderbergh's return to feature filmmaking, *Logan Lucky*.

Naturally, Driver won't be seeing *Logan Lucky*. He helped make it; the rest is out of his hands.

"The making of it is really fun and beyond that it's not my responsibility," he said. "It's not my story. It's the director's story. I'm there just to do that part and then peace out."

Driver frowns. "That's a dumb way of saying that."

THE ASSOCIATED PRESS



While better known for the explosive volatility of his Kylo Ren on *The Force Awakens* or on HBO's *Girls*, Driver's underlying sweetness comes to the surface in *Paterson*. CONTRIBUTED

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Sunny Leone shot to fame in the porn industry at 19 before making an unprecedented move to the Bollywood big screen in often-conservative India. COURTESY OF MONGREL MEDIA

How a porn star from Sarnia won over Bollywood

INTERVIEW

Sunny Leone: Penthouse Pet of Year to icon of a new India

Steve Gow
For Metro Canada



Filmmaker Dilip Mehta may have intimately studied the main character of his latest documentary, but he admits he's still completely baffled by Sunny Leone.

"Here is a former porn star in India, which is steeped in tradition," offered Mehta about the real-life Bollywood star of Mostly Sunny, opening in most cities today. "Even after spending two and a half years doing the film, I just don't get how India has accepted her with open arms."

The truth is Sunny Leone's success itself is a bit mysterious. Born in Sarnia, Ont., Sunny shot to fame at just 19

years old when she plunged herself into the porn industry and quickly rose to be crowned 2003's Penthouse Pet of the Year.

Today however, Leone has inexplicably become a Bollywood sensation by transitioning to mainstream movies — an unthinkable transformation in a traditional culture that channels an extreme kind of conservative parochialism.

"Her parents' generation, they have shunned her because of her choices," insisted the talented brother of Canadian auteur Deepa Mehta (Midnight's Children).

"It's a strange choice of words but the younger generation are really tickled pink by Sunny Leone because they

find her liberating, they find her fresh and almost label her as a feminist."

Indeed, despite her lascivious start in the adult industry, Leone has truly become an ambassador of female empowerment in India.

Not only does she continue to be feted in Bollywood circles but her success has pushed a pseudo-liberation movement. Perhaps most compelling though is how her story is inspiring the next generation of Indian women.

"She is spearheading a movement," said Mehta of Leone's influence in India. "There must be (others) but none who have her acumen at making money and her history. And her history's remarkable."



It's a strange choice of words but the younger generation are really tickled pink by her. They find her liberating.

Dilip Mehta



"They're looking at her and saying maybe there is an alternative. Maybe what our parents have told us in life may not necessarily be true for us anymore — that you can make your own choices and possibly even succeed."

"I wanted to do it because it was a vehicle for (female empowerment). Plus, it was an introspective vehicle for me to look at India. India today is not the country I grew up in and I felt it's an interesting time to do such a film and use her as the vehicle."

On the screen, Leone's acting ability also quickly won her an admirer in Mehta.

"I was floored by her honesty," he said of her work in the film. "My approach was to distance myself in one sense by being a fly on the wall."

"I think the film has done her wonderfully because she's come across as a strong woman, as an independent-thinking woman (and) good for her."

"Who are we to cast dispersions and judgment?"



Mid-50s mother Annette Bening's Dorothea raises teenage son Jamie (Lucas Jade Zumann) in 20th Century Women.

CONTRIBUTED

INTERVIEW

'So much expected of young women'

In 20th Century Women, writer/director Mike Mills' follows his male-centric and semi-autobiographical Beginners with a film celebrating the female side of his family.

It centres on Annette Bening's Dorothea, a chain-smoking single mom in her mid-50s in the swinging California of 1979. She's raising her 15-year-old son Jamie (Lucas Jade Zumann), whom she had late in life and doesn't quite know what to do with. Her tenants and visitors in the rundown Santa Barbara mansion she nominally heads offer life advice good and bad, with two women in particular — Greta Gerwig's punk-loving Abbie, 24, and Elle Fanning's rebellious Julie — acting as life coaches to the mixed-up lad.

Bening steps into the character of Dorothea with the same worldly authority she brought to her lauded roles in American Beauty, The Grifters, The Kids Are All Right and husband Warren's Beatty's recent Rules Don't Apply.

On the line from L.A., Bening spoke about her latest character and the pressures of women in the 21st century:

An interesting aspect of this movie is in 1979 you were about the same age, 24, as Greta Gerwig's Abbie. She's playing who you were back then, in a sense, while you're playing a woman who could have been your mother.

That's right. I was that age exactly. That's why when I read the script, it just shook me. Because I felt like I had never read a story that was placed in my own world and had been contextualized for me in such a heartfelt, interesting way.

Does it make you feel a little bit like a time traveller?

Yes! That was fascinating. I was playing my parents' gen-

eration basically at that time rather than my own. I loved that about it. And especially because she fit what I would think of that generation of people, women, whatever, and then in other ways she's such an iconoclast that she doesn't fit into any of those stereotypes and I love that about her.

From your perspective, how have things changed for women since the 1970s?

So much is expected of young women now.

There's so much pressure on women with their appearance. There always has been on women, but it just feels like with social media and with everyone having a camera and the selfie world — you're supposed to look a certain way, have a certain body, and you're supposed to go out and go to college.

Oh, and of course you're also supposed to have some kind of incredible job. And you're supposed to have children and you're supposed to manage all of this. It feels like the expectations keep getting added on, rather than more of a sense of freedom.

What do you make of your character Dorothea?

I just love her. I didn't really have a strong impression of her when I first read it. I read the story and the screenplay as a whole and just — my head exploded. I loved it. I found her very enigmatic and paradoxical.

How did you find working with Mike Mills? His dialogue is so smooth and his directing style is so relaxed, it seems like it would be easy.

And he's a very observant guy. He's a listener. He's also very verbose, don't get me wrong.

TORSTAR NEWS SERVICE

5 CLASSIC SITES TO SEE WHEN YOU HIT UP ATHENS

As a seaside metropolis with a lively outdoor vibe and dozens of picturesque islands beckoning nearby, Athens is more often considered a summer tourist destination than a winter escape. But if you've got more than beaches on your mind, there's plenty of upside to a brief cool visit that avoids the crowds and heat of summer. Here's a suggested itinerary for a three-day visit: **THE ASSOCIATED PRESS**



1 The Odeon of Herodes Atticus

The Odeon of Herodes Atticus, or Herodeion is a stone theatre structure located on the southwest slope of the Acropolis of Athens. The Herodeion still hosts the occasional live performance.

2 The Erechtheion



The Acropolis is particularly striking to view at night, when brilliantly illuminated. A 10-euro entrance fee to the compound takes you along a course of the central structures of Greek mythology as you climb past the Theatre of Dionysus, the Propylaea, the Erechtheion.



4 Temple of Poseidon

A rewarding outing is the bus ride along the "Greek Riviera" down to the southern peninsula of Sounion, where the Temple of Poseidon reveals a breathtaking view of the sea. The deep blue waters ripple around the ancient hilltop structure dedicated to the god of the sea. The salty breeze offers an escape from the bustle of Athens, as mountains and the rocky ancient landscape provides a tranquil parting from Greece.



4 The Parthenon

The centerpiece of ancient Greece and modern-day Athens, the Acropolis literally stands above everything else and looms majestically over the city. A 20-minute walk to the top unveils the most famous structure of all, the Parthenon — a former temple dedicated to the goddess Athena, the city's patron. However, the scaffolding of its prolonged restoration project takes a bit away from its grandeur.

5 Syntagma Square

This is the heart of the city and site of mass protests in recent years over the Greek economic crisis. The square is right in front of parliament and the tomb of the unknown soldier, where soldiers in kilt-like garments and red leather clogs with black pompoms perform elaborate changing of the guard ceremonies several times a day.



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Saskatchewan brew scene hopping

FOOD AND DRINK

Regina boasts of beer you can't get elsewhere

The tap is pulled forward, a pint glass tilted at an angle below, ready for the flow of golden liquid. Maybe it's an India Pale Ale, a blond, a sour or perhaps something a little darker like a Belgian-style Flanders.

Whatever quenches your thirst, craft brewers in Regina are offering beer selections to please the palate.

The guys at Rebellion Brewing brewed their 300th batch this month. That's the equivalent of one million pints since the company opened about two years ago.

"That's pretty awesome," said Mark Heise, who was a home brewer and became one of Rebellion's founders along with Jamie Singer.

"And I don't think our attitude has changed a whole lot — we still are just trying to make really fun, exciting beers that we enjoy."

Singer says the craft beer industry is growing across Canada and it's just starting to explode in Saskatchewan.

He says there's a feeling of camaraderie in the industry and everyone can work together to make Regina and the region a draw for craft beer.

"Our whole idea is very akin to what the winery region in the Okanagan is or Niagara region is," said Singer.

"They're all competitors, but ultimately, also, if you can pull people into that local stuff and get them drinking really great craft beer, or wine in the Okanagan, everybody else is going to be turned on to it too ... and we start to grow that whole market together."

Rebellion is in Regina's Warehouse District.

The tap room has 16 beers on tap, including beer from other Saskatchewan breweries, such as Nokomis Craft Ales, a microbrewery in Nokomis, about 135 kilometres north of Regina.

There's a small food menu that's all local, from the pizza to the pretzels to the meat pies. In the summer, food trucks set up out front.

"It's about just celebrating



Mark Heise and Jamie Singer, co-founders of Rebellion Brewing Company in Regina, are celebrating their 300th batch this month. MICHAEL BELL/THE CANADIAN PRESS

and enjoying things that make your community unique," said Heise.

Singer says the Bushwakker Brewpub, also in the Warehouse District, set the foundation for craft beer in Regina.

The Bushwakker Brewpub opened more than 25 years ago.

It's a full restaurant with the brewery attached. The walls have works from Saskatchewan artists, photographs from Re-

gina's history — including when the Warehouse District was hit by a tornado in 1912 — and local music pours from the speakers. Bar manager Grant Frew says craft brewers, like Bushwakker, Rebellion and Regina's Malty National, are "all about making really good beer."

"The smaller breweries, we're making smaller batches of beer, we can use nothing but malted barley — that's the only thing

that we use to produce the alcohol — and that has much more flavour," explained Frew.

The first Saturday of December has come to be known as Mead Day in Regina. The brew pub uses honey from the nearby community of Lumsden to make its Blackberry Mead and people wait for hours in anticipation.

The Bushwakker Brewpub sells more than 30 beers, including its own specialty and

IF YOU GO

Rebellion Brewing offers free tours on Saturdays at 2 p.m. Group tours can be arranged too.

Bushwakker Brewpub will do free tours. Call ahead to make plans. It also offers a beer school for around \$10.

Nokomis, Black Bridge Brewery in Swift Current, Paddock Wood microbrewery in Saskatoon and Malty National.

Malty National is a microbrewery nestled in Regina's Heritage neighbourhood, in a building with a coffee shop and a vintage record and clothing store. It opened in March 2016.

Kelsey Beach, one of the owners of Malty National, says they brew six times a month. One beer was brewed with hops donated by local residents.

"Every brewery has its own taste and flavour profile ... and you can't get beers like the Bushwakker or Rebellion or Malty National elsewhere in Canada," said Beach. THE CANADIAN PRESS

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GETTY IMAGES

Visit Florida to pay out CEO after Pitbull kerfuffle

Florida's tourism agency agreed to pay its outgoing president and CEO \$73,000 U.S. amid the fallout from the state's secret deal with rapper Pitbull and a video for his song Sexy Beaches. Visit Florida is hiring a former federal prosecutor as the new CEO.

THE ASSOCIATED PRESS



GETTY IMAGES

L.A. beats San Fran for George Lucas museum site

Star Wars creator George Lucas and his team have chosen Los Angeles over San Francisco as the home of a

museum that will showcase his work. After what organizers called an extremely difficult decision, they announced Tuesday that the museum will be built in Exposition Park in Los Angeles. The project became the subject of a rivalry between the two cities.

THE ASSOCIATED PRESS



LIBRARY OF CONGRESS

Harriet Tubman park becomes a reality

U.S. federal parks officials have formally established the Harriet Tubman National Historical Park in upstate New York. The New York park will focus on Tubman's work later on in her life when she was an active proponent of women's suffrage and other causes. It will be a sister park to the Harriet Tubman Underground Railroad National Historical Park in Maryland.

THE ASSOCIATED PRESS

Slovenia in the spotlight

CUISINE

Mrs. Trump's homeland a marriage of old and new

A master chef is bringing attention to the cuisine of Melania Trump's homeland.

Ana Ros, who starred last year in an episode of the Chef's Table Netflix series, runs what some consider Slovenia's best restaurant in a remote village inn.

Slovenian tourism officials recently brought Ros to New York to showcase her culinary talents at a time when tourism in the country is booming, up to nearly three million tourists a year in a country of two million people.

Ros heads the kitchen in an inn called Hisa Franko. Her ever-changing menu there reads like no other, to name just a few dishes: fried white asparagus with celery cream; arctic char with wild berries and buttermilk; pasta filled with whipped cheese from sheep in nearby pastures, served with langoustines and mushrooms; and pork and lobster with ginger and pickled garlic on a bed of ancient Indian



Top chef Ana Ros heads the kitchen at Hisa Franko in a remote Slovenian village. The tiny nation of two million is now hosting nearly three million tourists a year. SLOVENIAN TOURIST BOARD

herbal leaves.

Ros' husband, cheese and wine expert Valter Kramar, inherited Hisa Franko and a small farm from his father. The inn is located in the remote village of Kobarid, in the western part of the country, surrounded by pine forests in the emerald Soca River Valley. It was here that Ernest Hemingway set part of his World War I novel, A Farewell to Arms.

Ros' cooking skills are largely self-taught, though she was mentored by culinary luminaries to

become a master chef of a surprising cuisine.

Ros and Kramar have travelled the world, blending global tastes and techniques with ingredients from local fields and their own vegetable garden. In some ways, Ros' menus reflect the cross-currents that define Slovenia, nestled as it is between Italy, Austria, Hungary and Croatia.

"Slovenia is a perfect mix of landscape and culture — the sea, the Alps and the rolling hills and plains, close to each other, with

Mediterranean, Central European and Balkan influences," says Andrej Smrekar, an art curator at Ljubljana's National Gallery of Slovenia who helped turn a medieval monastery church in the countryside into a modern art gallery. "Tourists have a taste for what's authentic, but to them unknown and untouched."

When Melania Trump was a student in Ljubljana in the 1980s, the city was rocked by punk rebels and activists impatient to shake off the vestiges of drab socialist bureaucracy. Slovenia was mostly spared in the brutal civil war that followed independence from Yugoslavia of other republics farther south.

Now, Ljubljana is a lively metropolis of about 300,000 residents, but the city's roots go back to prehistory: A museum displays the earliest wheel used by humans in the area, before the ancient Romans arrived.

The city centre is traffic-free, with pedestrians crossing the river over a historic triple stone bridge that leads to outdoor produce vendors, a seafood market and shops offering everything from bread freshly baked in a wood-fired oven to flowers, spices and artisanal candles.

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Justin Thomas joined the PGA Tour's '59 Club' by making a 15-foot eagle on his last hole at the Sony Open in Honolulu for an 11-under 59

Recent deals paying off

MOOSEHEADS

Acquisitions in trades have all made their presences felt

Jonathan Briggs
For Metro | Halifax

A year after completely gutting the roster, the Halifax Mooseheads opted for a few minor lineup alterations over this year's winter trading period.

"We liked our team for the most part. We've got a lot of good young guys, we've got some older players we're looking at bringing back next year as overage players. We wanted to tweak it a bit," said general manager Cam Russell.

The Mooseheads addressed all three positions with veteran players, bringing in goalie Blade Mann-Dixon and 20-year-old forward Jake Coughler in separate deals with the Charlottetown

Islanders and 20-year-old defenceman Frédéric Aubé from the Drummondville Voltigeurs.

Mann-Dixon helps ease the pressure off 16-year-old rookie Alexis Gravis in net. At five-foot-seven, the 19-year-old looks small in goal but he's come up huge, winning three games in a row including a 46-save game against the Saint John Sea Dogs and a 38-save game against his old club. He's started five of eight games since joining the Moose.

"You've got to be careful how much ice time you give a 16-year-old goalie. We felt we



Obviously it's a young team here so I'm there as a mentor and to bring some extra grit to the team.

Jake Coughler

needed to help him out a little bit and make sure we weren't giving him too many games and bring him along properly," said Russell. The team shuffled its 20-year-old forwards to make room for Coughler, sending Bradley Kennedy to the Moncton Wildcats and parting ways with Anthony Sorrentino. Russell targeted Coughler because of his grit and versatility on special teams. Coughler scored his first goal with the Mooseheads against



The Mooseheads acquired 20-year-old defenceman Frédéric Aubé from the Voltigeurs recently. JEFF HARPER/METRO

his old team, the Islanders, with who he had 20 goals this season.

"Having four years played in the league, I know the ins and outs of things. Obviously it's a young team here so I'm there as a mentor and to bring some extra grit to the team," said Coughler.

Overage Aubé joins the blue

line, filling the vacant spot left when the Moose traded team captain Taylor Ford to Rouyn-Noranda Huskies for a first-round pick in 2018 in a deal Russell said "was basically a trade we couldn't resist."

With five defencemen 17 or younger, Aubé is both a minute-muncher and leader on a young blue line. He's off to a great

start, scoring three goals in four games after four goals in 28 games with Drummondville.

"I see a great future for this team. I just want to help them improve. I'll be gone next year, so if they win a championship one day, I want to be part of that," said Aubé.

Halifax has won five of its six games in 2017.

+ UPCOMING

Voltigeurs at Mooseheads, Friday at 7 p.m.

- Drummondville (19-17-0-4) is one spot ahead of Halifax in the standings with a game in hand.
- There'll be a familiar face behind the Voltigeurs bench with former Halifax head coach Dominique Ducharme now serving as head coach and general manager of the Quebec team.
- Russian rookie Pavel Kolytin leads Drummondville in scoring with 18 goals and 33 points and is fifth in QMJHL rookie scoring.

Tigres at Mooseheads, Sunday at 3 p.m.

- Victoriaville is in eighth place with a record of 21-15-3-2.
- Forward Pascal Laberge, the 36th overall pick of the 2016 NHL draft by the Philadelphia Flyers, has 15 points in 20 games. He missed over a month of action while out with a concussion.
- Winger Maxime Comtois could potentially go in the first round of the 2017 NHL draft. After scoring 60 points in his rookie season, the six-foot-two, 200-pound forward has 30 points this season.



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SUNDAY, JAN. 15

Women's Volleyball vs. UdeM @ Dalplex, 2pm

Women's Hockey vs. NHA @ Halifax Forum, 3:30pm



Canadian Doctor stands on guard for K.C. Chiefs

NFL PLAYOFFS

Duvernay-Tardif a vital player for AFC West champs

It's been a meteoric rise for Canadian Laurent Duvernay-Tardif.

Taken in the sixth round, 200th overall, of the 2014 NFL draft from McGill University, the 25-year-old native of Mont-Saint-Hilaire, Que., has established himself as the Kansas City Chiefs' starting right guard. And he's done it while also continuing to study medicine at McGill.

"If you would have asked me after I got drafted where I'd be in three years, I don't know if I would have been that confident to say I'd be a starter and doing decently," a modest Duvernay-

Tardif said last week. "But at the same time I quickly realized if you want to stick in the NFL you have to become an essential part of the team after your second or third year, otherwise they're going to find somebody to replace you."

"There's no other way to stick in the NFL. You've got to show you can perform and be an important part of an offensive line or team."

Duvernay-Tardif, a converted defensive lineman, made the Chiefs' 53-man roster as a rookie but didn't play. Dubbed "Canadian Doctor" and "Larry" by his teammates, Duvernay-Tardif became a starter in 2015, playing 13 games before making a career-best 14 starts this year — playing every game he dressed for.

After earning a 2015 wild-card post-season berth with an 11-5 record, the Chiefs finished atop the AFC West at 12-4. That secured Kansas City the second seed in the AFC playoffs and home-field advantage for a divisional-round matchup against the Pittsburgh Steelers on Sunday.

Duvernay-Tardif's transition to the American game wasn't a seamless one. He had to adjust to a new position (guard from tackle) and game (four downs instead of three) while facing bigger, stronger and faster play-



Chiefs right guard Laurent Duvernay-Tardif has spent the last two off-seasons juggling workouts with medical school commitments. SEAN M. HAFEEY/GETTY IMAGES

It was really an adjustment but at the same time you're always looking for challenges.

Laurent Duvernay-Tardif on American football

ers lining up right across from him instead of a yard off the ball.

"McGill has a great program and I learned a lot there but when I got to the NFL, it was totally different," Duvernay-Tardif said. "With no yard between you and the defensive line ... it changes the way you play a little bit."

"The first couple of weeks at my first training camp, I wasn't

even able to see the linebacker blitz because they were that fast. It was really an adjustment but at the same time you're always looking for challenges and coach (Andy) Reid and (offensive line coach Andy) Heck took the time to help me ... I'm very grateful for that."

Duvernay-Tardif hasn't enjoyed the luxury of relaxing

after the NFL season as he's spent the last two off-seasons juggling workouts with medical school commitments. While that makes for a very hectic schedule, Duvernay-Tardif remains intent on seeing his academic requirements through.

"I promised myself when I decided to go down this road I'd finish my degree," he said. "We all know careers are so short in the NFL and sport in general and I want to prepare myself for after my (football) career because you don't know how long it's going to last." THE CANADIAN PRESS

IN BRIEF

Source: Barney agrees to one-year Jays contract

A person with knowledge of the negotiations said that second baseman Darwin Barney has agreed to a \$2,887,500, one-year contract with the Toronto Blue Jays, avoiding salary arbitration.

The person spoke on condition of anonymity because the team had made no announcement of the deal. THE ASSOCIATED PRESS

Criminal charges pending Hillsborough disaster

British prosecutors will consider criminal charges against 23 suspects following separate investigations into the Hillsborough Stadium disaster in 1989 in which 96 soccer fans were killed.

The charges under consideration include manslaughter and perverting the course of justice as a result of an alleged coverup by police. THE ASSOCIATED PRESS

Chargers relocating after 56 years in San Diego

The San Diego Chargers are moving to Los Angeles for the 2017 season, where they will join the recently relocated Rams in giving the nation's second-largest media market two NFL teams for the first time in decades. The team will be known as the Los Angeles Chargers. THE ASSOCIATED PRESS

+ DIVISIONAL SKED

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Texans at Patriots, 9 p.m.

SUNDAY

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Packers at Cowboys, 5:30 p.m.

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Simple Roasted Pork Tenderloin with Sweet Potatoes and Apples



PHOTO: MAVA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

Celebrate with a proper roast dinner. This one-pan recipe is simple to make — and clean up!

Ready in 1 hour, 5 minutes

Prep time: 15

Cook time: 50

Serves 4

Ingredients

- 3 Tbsp Dijon mustard
- 3 Tbsp maple syrup
- 2 Tbsp apple cider vinegar
- 1 large apple, peeled, cored and chopped into 1/2 inch wedges (use a firm apple)
- 2 tsp thyme, finely chopped
- 1 smallish sweet potato, peeled and chopped into 1/2-inch discs
- 1 onion, peeled and sliced into 1/4 inch rounds
- 1.25 – 1.5 kg pork loin
- Salt and pepper

Directions

1. Preheat oven to 425 degrees. In small bowl, mix 1 Tbsp Dijon, 1 Tbsp maple syrup, 1 Tbsp vinegar.

2. Assemble apples and vegetables in two rows in a roasting pan, alternating onion, sweet potato and apple. Brush marinade over everything. Roast 25 minutes.

3. Mix rest of Dijon, syrup, vinegar and thyme. Season pork with salt and pepper then brush marinade all over. Take roasting pan out of oven and place loin between the two rows of fruit and veg. Place back in oven 20 to 25 minutes. The internal temperature of pork should be between 140 and 145 degrees.

4. Take everything out and cover with foil for 10 minutes before slicing the pork and serving.

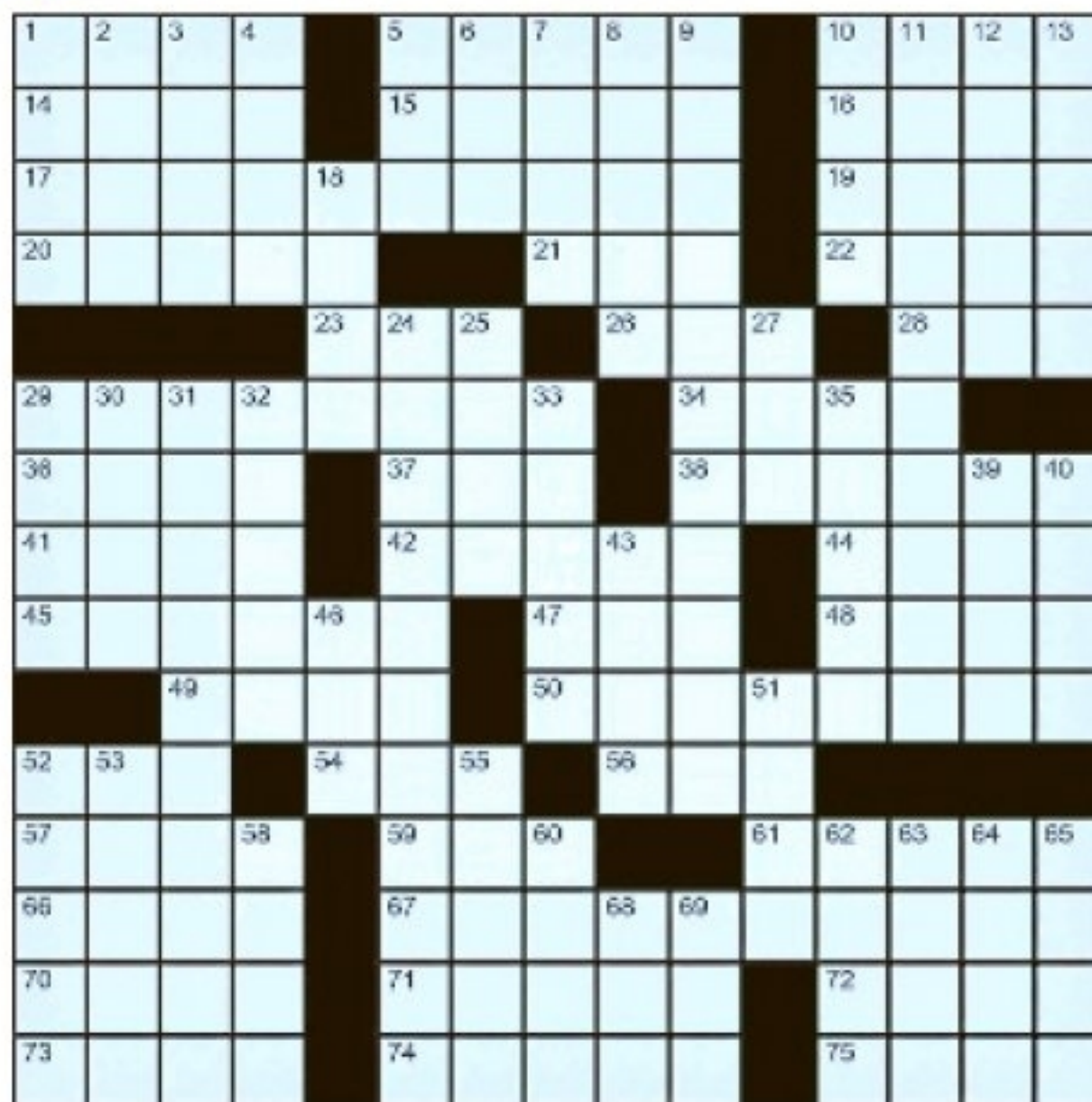
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- Gulf War missile
- Seer's skill, shortly
- Prefix with 'classical'
- Some printers, e.g.
- Star of #17-Across who played The Artful Dodger in "Oliver!" (1968): 2 wds.
- Mr. Morales
- "Son of ___"
- Sonny & Cher
- Artist-style hats
- Sly tactic
- TV star Ed
- 5th Dimension's "___ and Away"
- Lustrous fabric
- Mining extract
- 'The Big Easy'
- Awful smelling
- It's not pyrite: 2 wds.
- Offshoot
- Monogrammed star of "Buffy the



- Vampire Slayer"
- Caribbean music
- Smashes
- The Altar constellation
- Ancient Greek colony
- Moonfish
- Stars grace them

- during awards season: 2 wds.
- 'Noon' in Montreal
- Danny Zuko, e.g., in "Grease" (1978)
- Level
- Seaport of Yemen
- Himalayas' fabled

- creatures
- Fictional detective Mr. Wolfe

DOWN

- Pine
- Ms. Flynn Boyle
- Swiss peaks
- Art museum in Manhattan, ___ Galerie

- Canadian actor Mr. Cariou
- Hmmms...
- Spreadsheet info
- Motorist's about-face
- Workday rest period: 2 wds.
- Friends of 'Fis'
- Character on

- #17-Across who got around via her Vroom Broom
- Totally consumed: 2 wds.
- Provokes
- Travelled via air
- The Krofft Brothers from Montreal who produced the live-action/puppetry series at #17-Across: 3 wds.
- Positive
- Sugary suffix
- Jams containers
- Water, in Seville
- Bespoke
- Prepare to pray
- Giver
- Go up ___ (Step higher on the ladder)
- Jethro ___ (British rock band)
- WWI fighter plane
- '70s Spanish hit: "___ Tu"
- ___ for Edmonton
- Lion's retreat
- Roses attraction
- Swift
- Loon-like bird
- ___ pads (Hockey gear)
- Mine entrance
- Welcoming
- Ms. Campbell
- Old road of Rome
- "It should come ___ surprise that..."
- Dernier ___ (Latest fashion)
- Newspaper notices [abbr.]

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Because you are high-viz in the eyes of parents, bosses and VIPs right now, ask for what you want. It will be easier than you think to get people in power to say "yes" to your wishes.

Taurus April 21 - May 21
Explore opportunities to travel and get further education, because this is what will expand your world. Expanding your world is what you need to do this month.

Gemini May 22 - June 21
It's only natural that your focus is on shared property, inheritances, insurance issues and debt at this time. You have good ideas about these areas.

Cancer June 22 - July 23
You might have some unexpected insight into your closest relationships with others at this time. In fact, you can learn a lot about your own style of relating if you are aware.

Leo July 24 - Aug. 23
You're willing to work hard now, because you're setting high standards for yourself. No slackers allowed! You want efficiency, effectiveness and productivity.

Virgo Aug. 24 - Sept. 23
You're in touch with your creative vibes now, which is why you will enjoy exploring this energy. Meanwhile, sports events and playful times with children will appeal.

Libra Sept. 24 - Oct. 23
Your conversations with a parent could be significant now, because there are changes that you are planning at home. You don't like to be caught off guard. You want to know what you're doing.

Scorpio Oct. 24 - Nov. 22
You want to be stimulated by short trips and conversations with others. You're full of ideas and you want to share them; plus, you want to hear what others think.

Sagittarius Nov. 23 - Dec. 21
Cash flow and your assets are a concern right now. When you're making big plans, power is money. The question is, how much power do you have?

Capricorn Dec. 22 - Jan. 20
You are blessed now because the Sun is in your sign, boosting your energy and bringing opportunities and important people to you. Use this blessing wisely.

Aquarius Jan. 21 - Feb. 19
It behooves you to work alone or behind the scenes right now. You also might want to plan what you want your new year to be all about.

Pisces Feb. 20 - March 20
Friendships are important to you now. Your interaction with someone younger might help you make some future goals.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			4	5	1	6	8	
					8			4
		3			7			2
6				4		3	7	9
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2			7					
	7	4	9	3	2			

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6	4	5	3	2	9	7	1	8
3	7	1	4	6	8	5	2	9
9	8	4	7	5	2	3	6	1
5	2	6	9	3	1	8	4	7
4	1	3	5	7	6	9	8	2
2	5	9	8	1	3	4	7	6
8	6	7	2	9	4	1	3	5

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